



## Group Exercise Schedule

**SPRING Schedule beginning 3/1/2009**  
**All Fitness Instructors are Nationally Certified**

Introducing a new approach to sculpting...  
**GLIDING and BENDER BALLS!**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7:00 AM</b>	<b>EARLY BIRDS</b> Barbara		<b>EARLY BIRDS</b> Barbara				
<b>8:00 AM</b>	<b>**SPIN FUSION**</b> Barbara	<b>BALLS, BARS, &amp; BANDS</b> Jill	<b>CARDIO KICKBOXING</b> Barbara	<b>**SPIN**</b> Jill	<b>**SPIN**</b> Janet	<b>CARDIO BLAST</b> Barbara/Diane	
<b>9:00 AM</b>	<b>YO-LATES &amp; STRETCH</b> Barbara	<b>STEP &amp; SCULPT</b> Jill	<b>ABSOLUTLEY ABS</b> Barbara	<b>POWER YO-LATES</b> Jill	<b>**5 - 5 - 5**</b> Barbara	<b>**SPIN**</b> Larry	<b>**SPIN**</b> Larry
<b>10:00 AM</b>		<b>**FIT FOR LIFE**</b> Larry	<b>YOGA</b> Barbara	<b>**FIT FOR LIFE**</b> Larry		<b>**FIT FOR LIFE**</b> Larry	<b>**SPIN**</b> Janet
<b>12:30 PM</b>		<b>CIRCUIT EXPRESS</b> Corey		<b>CIRCUIT EXPRESS</b> Corey			
<b>4:15 PM</b>	<b>**SPIN**</b> Doris	<b>STEP &amp; SCULPT</b> Doris	<b>TOTAL BODY BLAST</b> Doris	<b>**15-15-15**</b> Doris	<b>YO-LATES</b> Doris		
<b>5:15 PM</b>	<b>STEP &amp; SCULPT</b> Diane	<b>YOGA</b> Jill	<b>HAVING A BALL!</b> Diane	<b>YOGA</b> Barbara			
<b>6:15 PM</b>	<b>**SPIN**</b> Janet	<b>**SPIN**</b> Larry		<b>**SPIN**</b> Larry			

**Members of all fitness levels are welcome. Instructors may use substitutes as needed.**  
[www.baptisthealth.net/marinerswellness](http://www.baptisthealth.net/marinerswellness).

## Group Exercise Class Descriptions

You may call us at (305) 434 – 3700 with any questions.

**\*\* Sign-up required for these classes\*\***



**CLASSES ARE APPROXIMATELY 45-50 MINUTES UNLESS OTHERWISE NOTED.**

**Cardio Blast:** A 50 minute blast of a class consisting of high-low, step, cardio kickboxing, sculpt, and a focused cool-down.

**Cardio Kickboxing:** A high-impact cardiovascular workout blending elements of boxing, martial arts and traditional aerobics into a 45-minute exercise routine.

**Early Birds:** This early morning sculpting workout gets your day started right with an approach to exercise that includes a little bit of everything.

**Fit For Life:** When we were young, we didn't work out, we played. So play smart and stay young. This class consists of cardio, strength, flexibility, balance and agility in a circuit-style format. **Sign up at front desk, 24-hour notice is REQUIRED for cancellations, 2 no shows=1 week no class**

**Pilates:** A form of exercise that has evolved from techniques created by Joseph H. Pilates over 70 years ago and focuses on core, improves flexibility, and develops strength.

**Spin:** A 45-minute class that uses our special spinning bikes to provide a fantastic cardiovascular workout. Great if you are looking for a high-intensity, low-impact class. **Sign up at front desk, 24-hour notice is REQUIRED for cancellations, 2 no shows=1 week no spin**

**Spin Fusion:** A spin class that combines the cardiovascular challenge of our normal 45-minute group cycling class with upper body sculpting and is a refreshing change from total spin. **Sign up at front desk, 24-hour notice is REQUIRED for cancellations, 2 no shows=1 week no spin**

**Step & Sculpt:** A cross-training interval workout combining step aerobics for cardiovascular conditioning; plus upper body, lower body, and core strengthening and toning.

**Total Body Blast:** This class is great for balance, strength, flexibility and relaxation. It is a full body, low impact class utilizing a variety of equipment such as weights, medicine balls, physioballs, bars, bands, & your own body weight.

**Yo-Lates:** A combination workout of yoga and Pilates focusing on strength, balance, and flexibility. This class provides you with an increase in physical, spiritual, and mind-body wellness leaving you refreshed, energized, and emotionally balanced.

**Yoga:** Meditation in motion assuming different forms of Hatha yoga. Postures range from basic to complex providing a challenging and invigorating workout for the mind and body.

**Absolutely Abbs:** A 45 minute class targeting the core of the body. The abdominals, obliques, and low back muscles will be worked like never before. This class is sure to tighten up that mid-section!

**5-5-5:** A workout involving 5 minutes each of Spin, Step, and Sculpt ending with abdominals and a stretch. This class offers a little bit of everything!

**Sign up at front desk, 24-hour notice is REQUIRED for cancellations, 2 no shows=1 week no class**

**Balls, Bars & Bands:** Forty five minutes of creative compound exercises designed for maximum results using bars, balls, and bands.

**Having A Ball!:** A unique aerobic and sculpting class utilizing the Swiss balls. This class is fun, challenging, and will increase your balance, coordination, core strength, and endurance!

**15-15-15:** A 45 minute class that incorporates 15 minutes of Spin, 15 minutes of Cardio Combo, and 15 minutes of sculpting. **Sign up at front desk.**

## 30-Minute “Express” Classes

**Circuit Express:** This intense 30-minute class is led by one of our exercise physiologists in the weight machine area. Quick machine changes make it fun and interesting while providing a great strength and cardio workout.

**Stretch Express:** Thirty minutes of total stretching designed for every part of the body.

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